

Does it really work?

Don't take my word for it, below are some recent quotes from my clients:

"You were amazing! I can't believe the difference. Other people have noticed that the flat feels different too! My energy still feels much better and the 'heavy' feeling has gone.

My health has been much improved – no headaches and no unexplained fatigue.

Life is good!"

CB, Wimbledon, London

"I went for a Vega test and was told that I was sleeping on a geopathic stress grid and this was having a detrimental effect on my health; I had been sleeping poorly and felt very tired. My housemate received a similar reading and both of us were told that two lines were crossing under each of our beds and that it was not possible to move the beds off of the lines because of the grid.*

It was all quite a shock, but then we found Tracy on the internet and she was able to remove the lines. We have now had further tests which confirmed that the geopathic stress has gone. We are both sleeping better and feel we have more energy.

Thank you so much Tracy for your great work!"

VB, St Albans, Hertfordshire

* A vega machine is normally used to detect food intolerances but the new 'Vega Expert' machine can also detect geopathic stress.

Are you sleeping in a safe place?



Could your home be making you ill?

Do you wake up feeling unrefreshed, heavy and still tired?

Have you noticed since moving to a new house that your energy levels have dropped?



Tracy Longdon
Consulting

HARMONY • VITALITY • SUCCESS

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What is a House Health Check?

There are certain factors in your home that could be affecting your health and vitality levels.

The first is **Geopathic Stress**.

There are different views on how this is caused.

One is that it's where the earth's natural magnetic field has become distorted or disturbed, because of naturally occurring physical features in the earth, such as underground streams, or because of changes introduced by man, i.e. laying pipes, mining, or underground tunnels.

Another theory is that it is linked with negative leylines.

Whatever causes it, scientific research has shown links with vitality levels and a direct influence on serious illnesses, especially if a line is affecting your bed.

In it's milder forms it can be a contributing factor to such discomforts as:

- **poor sleep**
- **nagging illnesses such as colds and flu**
- **lethargy and tiredness.**

If the lines are stronger, it can also contribute to much more serious medical problems and illnesses, such as ME, cancer, MS and depression.



The good news is that these Geopathic Stress (or GS) lines can be detected and removed, using a process called '**Earth Acupuncture**' which is the first step in a House Health check.

The second factor that can contribute to poor health and sleep is the **Electromagnetic Frequency (EMF) levels** affecting your bed specifically.



Electrical wiring and appliances near the bed, like bedside lights, phones or alarm clocks, can give off high levels of EMF, which again has been proven to affect the body's immune system. Women and

children seem to be more susceptible.

An electromagnetic frequency risk analysis will be completed with a professional field meter to check that you are sleeping in a safe place and if it is found that the levels are above the recommended safe limit, advice given on protecting you and your family.

If you live near an electricity sub-station or pylon, it's also worth checking the levels of EMF are safe for you.

The third factor is **Environmental Microwave Radiation** from nearby mobile phone masts. With over 70 million mobile phones in use in the UK, many people living near masts are experiencing increasing health problems, especially sleep disruption, headaches, tiredness, behaviour changes in children, epilepsy,



nosebleeds and skin complaints (see www.powerwatch.org.uk for more information).

The only way to know for certain if your home is affected is to measure the exposure, which is done using a Powerwatch-designed Acoustimeter.

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Finally, in **Feng Shui** the centre of your home relates to your health, and is the most important area in your house as it affects every other area too.

You know that if you are feeling unwell, whether that's physically, mentally or emotionally, all other areas of your life suffer as well.

Therefore, a check on the centre of your home and also the position of your bed is the final step to give recommendations for improved vitality levels, sleep and all types of health.

If you are interested, please contact me for further information.



Tracy Longdon qualified as a Graduate of the Feng Shui Academy in 1999. In 2002 she achieved National Accreditation with the Feng Shui Society, of which she was Secretary for 3 years. Tracy regularly reports on Feng Shui and related matters in the press and on BBC and commercial radio stations.